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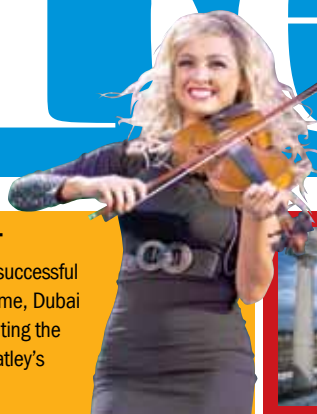
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MARCH 16-22, 2014 | Issue 144

Read.



MOVE YOUR FEET

As one of the most successful stage shows of all time, Dubai dance fans are awaiting the arrival of Michael Flatley's *Lord of the Dance*



BULGARIAN BEAUTY



STYLE SUITED UP

Perfect for the transition from spring into summer, the playsuit is proving to be a style hit both on the red carpets and in the malls

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BURNING RUBBER

The latest movie to tackle car-racing culture, *Need For Speed* has plenty of action but can it live up to its predecessors?

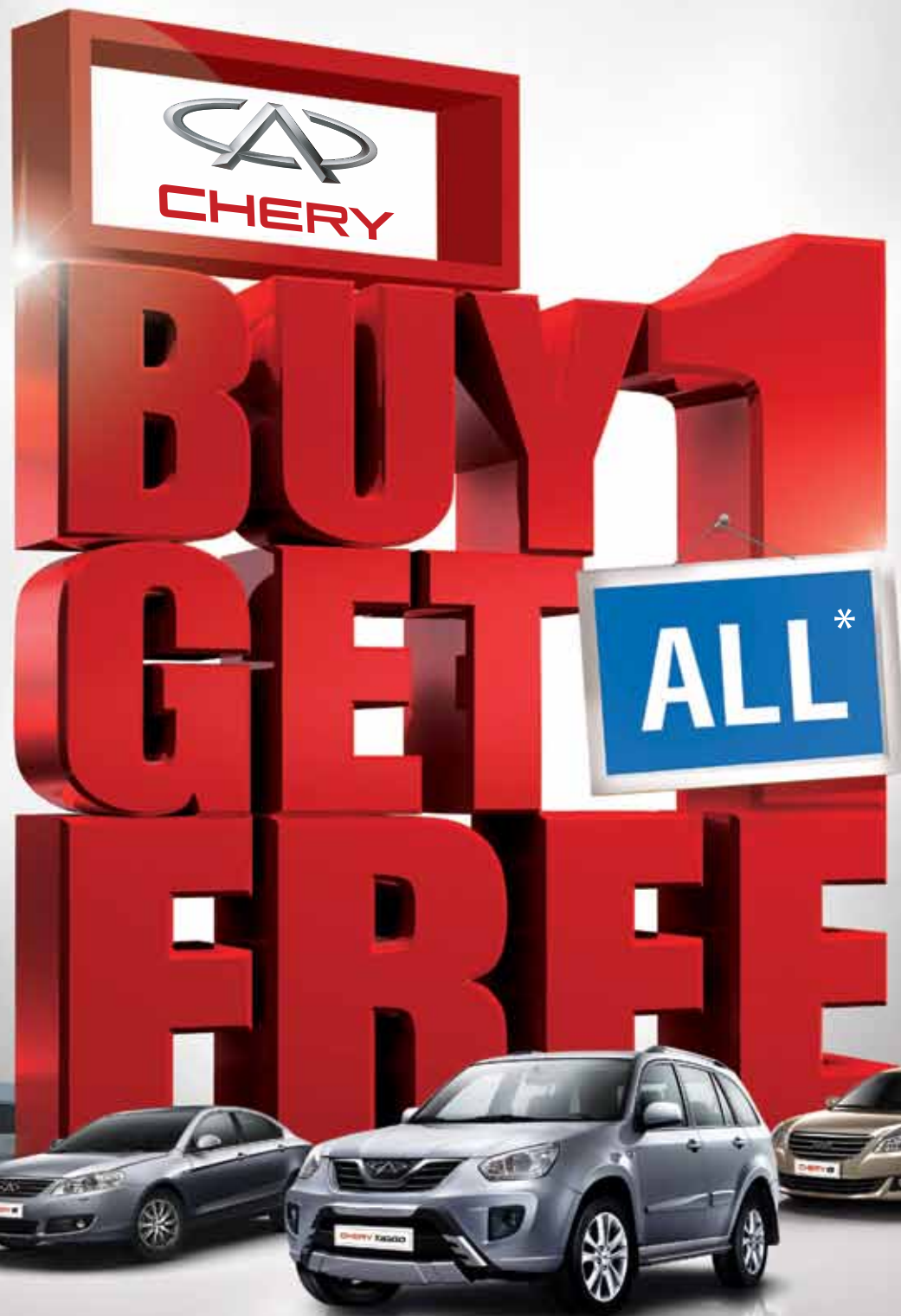
Show of strength

Technological support for the human skeleton



Health | Fitness | Film reviews | Entertainment | Cars & gadgets | Community | Listings

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Letters

Email: letters@readme.ae

A selection of the letters we've received this week. Write in to have your say.

✉ LOST EYEGLASSES

I am a huge fan of Dubai Metro. It has made life so easy and commuting by the metro is so convenient and such a joy. I read your magazine every week and now I need some help. The other day, I forgot my eye glasses in the metro when I got off at BurJuman MS. They are blue in colour. I request that if readers know anything about my glasses they may please make contact.

Abidraza

✉ METRO TOPS

When I first visited Dubai I had heard lot about the metro, but

when I saw the trains and stations I was stunned for a moment. I have only seen such things in Hollywood movies and TV programmes. One thing I love is that the construction work of the metro is so rapid and clean, and people can feel proud about the city's development.

Akshay Chand



KEEP YOUR EYES PEELED

Read. Poll

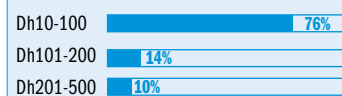
How many movies on an average do you watch in a year?

- 10 to 30
- 31 to 60
- 61 to 100

Cast your vote online at www.readme.ae

LAST READ. POLL RESULTS

What is the most amount you have given as charity?



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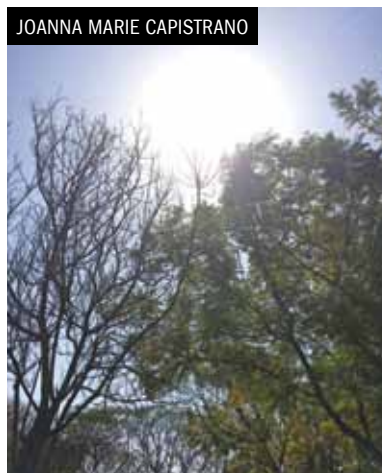


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MOHSIN KHA

What's happening this week on readme.ae?

Make sure you check out our website for these daily specials, which appear online every afternoon. 'Like' us on Facebook so that we can keep you up to date with our latest online features and fun.

Coming up this week



TODAY

When a magnitude 9.0 earthquake struck off the coast of Honshu, Japan, on March 11, 2011, it sent a 45-foot wall of water over the Fukushima Daiichi Nuclear Power Plant, triggering the worst nuclear disaster since Chernobyl. While the after-effects of the Fukushima disaster on humans are not yet known, the impact it had on the surrounding towns is still clearly visible. As the cleanup continues to this day, how does the future of life look after the disaster?



MONDAY

As the face of many brands here in the UAE, Cristiano Ronaldo is as famous for his camera-friendly looks as he is for his football skills. Take a look back at how his sporting career began—and blossomed—on the pitch.



TUESDAY

In our region, the camel is more than just a humped creature, roaming the desert without rhyme or reason. From the most beautiful camel to hi-tech races, here are a few facts about the Middle East's marvelous mammal.



WEDNESDAY

The helipad of the Burj Al Arab has provided more than just a place for guests to land their choppers. From golfing greats to F1 stars, here are just some memories of the iconic platform.



THURSDAY

Awards season may be over, but that doesn't mean film fans have nothing left to look forward to. Here's our pick of the upcoming blockbusters due to hit cinema screens this summer.

Facebook chatter

Here's what you have been saying on the *Read*. Facebook page.

(Responses only edited for length)

Do you listen to music and watch films from "before your time"?

Nothing beats the '80s. Old music

are full of meaning and expressions. Today's generation are simply annoying and loud. Can't be considered music at all but NOISE! That's my opinion!

— **CHing DOmen**

I love all kind of music and any generation. Some give piece and other excitement so both are required

to balance life. Few old Movies are awesome and lots of new are amazing as well.

— **Tabish Jamal**

I listen old music bcoz I think they are soulful music with meaning than today's music which is so full of instrumental!

— **Mahe Ram**



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Wherever you go in the world, music and dance are two of the most valued parts of national identity. From the sword dances of the UAE, to the energetic jumps of Russian Cossak dancers, many regions across the globe have their own inimitable style.

It is highly likely that, when asked to think of Ireland and dancing, the majority of people might imagine rows of identical girls and boys, kicking and skipping in perfect unison to a jaunty Irish tune.

However, the art form of Irish dancing has come a long way in recent years, moving into a more modern interpretation, with ever more spectacular moves and staging, combined with impeccable timing and rhythm from hundreds of dancers, all tapping their feet in such perfect unison that the music comes to life. This 'reinvention' of Irish dancing has been credited by many to the Lord of the Dance himself, Michael Flatley.

The world-famous dancer and choreographer was the second of five children. His parents, Michael

and Eilish, were both Irish-born but had settled in America several years before his birth.

Raised with a strong sense of his cultural heritage, it was Flatley's grandmother who taught him his very first dance steps and encouraged him to follow his dreams. The bond between the two was so influential that, even to this day, the star always keeps an empty chair for his grandmother in the front row of all his concerts.

Like most successful performing artists, it took years of hard graft and determination for Flatley to finally get his big break, which came when he joined world-famous traditional Irish band The Chieftains on tour during the 1980s.

Describing himself as a "workaholic", Flatley continued to hone his craft and create new and innovative

ways for Irish dance to be choreographed and presented, which eventually inspired him to co-create *Riverdance*, the Irish dance show that took the world by storm.

With the style of dance now open to an entirely new audience, Flatley followed up on the success of *Riverdance* with *Lord of the Dance* and *Feet of Flame*, which both also went on to become huge hits. In fact, *Lord of the Dance* has outsold all other major shows across the globe, being performed all over the world in six continents and at major global events.

While he may have hung up his own dance

ing shoes for the time being,

Flatley's innovation and influence continue to inspire a new generation of dancers, and he still prides himself on his involvement in his creations, saying: "I drop in regularly on the troupes to ensure that the dancing remains at the highest standard and that all the productions are running smoothly."

And, with Flatley still known to spring the occasional surprise and perform a guest spot at some performances, Dubai dance fans may yet get to see the man himself in action when *Lord of the Dance* arrives in Dubai. ●

“Flatley's innovation and influence continue to inspire a new generation of dancers.”

MUSIC TO MAKE YOU MOVE



TAKING THE STAGE BY STORM

Dance fever

Dubai dance fans get ready to witness Michael Flatley's stage spectacular, *Lord of the Dance*.



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Set to smile

How an easy-to-adopt oral care routine can help maintain a perfect smile.



DENTAL CARE IS KEY

Better brushing

- Always use a good, fluoride-based toothpaste.
- Hold the toothbrush at a slight angle, aiming the bristles towards the area where your tooth meets your gum.
- Brush for two minutes.
- Change your toothbrush every three months.

With expert guidance and a willingness to change your routine, a sparkling smile should be an easy achievement for everyone.

Linda Sakr, Psychologist at Dubai Community Health Centre explains: "Healthy habits aren't formed overnight, and just as old habits are hard to break, new habits can be challenging to form. First and foremost, it's important to set goals that are attainable, and from there determine what steps you need to take in order

to achieve your larger goal. To improve your oral health, work with your dentist to develop an easy-to-keep daily routine. With time, that routine will become second nature."

And your routine doesn't necessarily have to involve a full scale and polish every day. Just a few simple steps can prevent tooth decay, gum disease, halitosis (bad breath) and keep your teeth clean and white.

Dr Mais Al Aswad, a dental professional, says: "As a healthy mouth strongly correlates to a healthy body, it's important to develop an ongoing oral care routine. I encourage all UAE residents to adopt a proper oral care routine by brushing their teeth at least twice each day, flossing regularly, chewing sugar-free gum after eating or drinking, and visiting their dentist every six months."

It may come as a surprise for many, but research has proved that chewing sugar-free gum for 20 minutes after eating can help to remove lingering food particles, which in turn aids the prevention of tooth decay.

With regular brushing, flossing and use of a good quality mouthwash, these easy steps to oral hygiene should see your smile stay sweet, and hopefully mark the downfall of tooth decay in Dubai. ●

Even with the most trendy outfit, sleekest haircut and swankiest designer accessories, your overall image could be spoiled in an instant by poor dental hygiene. After all, even the very best first impression can be ruined with just one whiff of a smelly mouth.

Not only is a clean and healthy mouth vital for your overall appearance, but good oral hygiene is also one of the easiest methods to combat a host of problems, including tooth decay—a condition that affects over 80 per cent of the UAE population.

While this figure may seem high, it seems as though oral hygiene may not be as much of a priority as it should be in our region. A recent study found that while nearly half of UAE residents brush their teeth two times each day—in the morning

and before they go to bed—it also revealed that one in 10 people taking part in the research admitted they have no set brushing routine.

But it need not be a difficult task for those who are perhaps lacking a little in the oral hygiene area to adopt new habits that could lead to a healthy mouth.

“One in 10 people taking part in the research admitted they have no set brushing routine.”



A SWEETER SMILE

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3 Lulu Hypermarket Karama	Al Karama	8 Lulu Village Muhaisinah	Qusais
4 Lulu Center & Supermarket Karama	Al Karama		
5 Lulu Hypermarket Arabian Center	Al Rashidiya		

Red Line Green Line

TRAVEL NEWS

Thailand targets rise in number of medical tourists

The Tourism Authority of Thailand (TAT) has launched a reality contest campaign 'Thailand Extreme Makeover' to promote the kingdom as a centre for medical tourism. The first of its kind contest will shortlist contestants from all over the world to undergo cosmetic surgery in Thailand.



Contestants can send their pictures and medical history to TAT. The contestants also have to submit the reasons for which they want a cosmetic makeover. A team of medical experts will shortlist three suitable contestants for the final competition. The shortlisted contestants will be invited to Thailand where they will be operated upon under the expert care and guidance of Thai surgeons. Throughout their stay they will be videotaped and the video clips will be regularly posted on the Thailand Extreme Makeover website so that the audience can vote for their favourite contestant online.

The contestant who gets the maximum number of votes will win a cash prize of \$5,000 along with a luxury trip to exotic Thai destinations.

Thawatchai Arunyik, Governor of TAT, said: "The Thailand Extreme Makeover campaign is a reality competition that not only creates awareness about Thailand as a destination for medical tourism and the excellence of our medical facilities, but also promotes the kingdom as a travel destination with something for everyone."

"Thailand already has a great reputation for its excellence in medical care and people come here [Thailand] for operations of all kinds. The expertise of our doctors and wide range of procedures we can offer are turning Thailand into the 'medical hub' of Asia."



Vibrant Varna

Bulgaria's summer capital is fast becoming one of Eastern Europe's favourite seaside resorts.

Few places in Europe are buzzing like Bulgaria at the moment. Now a member of the European Union, and with the shackles of its communist past quickly fading to a distant memory, Bulgaria is fast becoming a land of great opportunity for investors and an inexpensive destination for holidaymakers looking for a destination filled with variety and adventures.

While the capital, Sofia, has long cemented its place on the Balkan tourist route, Bulgaria's cosmopolitan third city, Varna, on the coast of the Black Sea, is the up-and-coming destination for the country's new elite as well as hordes of tourists from all over the world.

Few cities have developed like Varna, in such a

short space of time. Packed with history, it is not just a seaside resort but also a bustling port, naval base and shrine to new money.

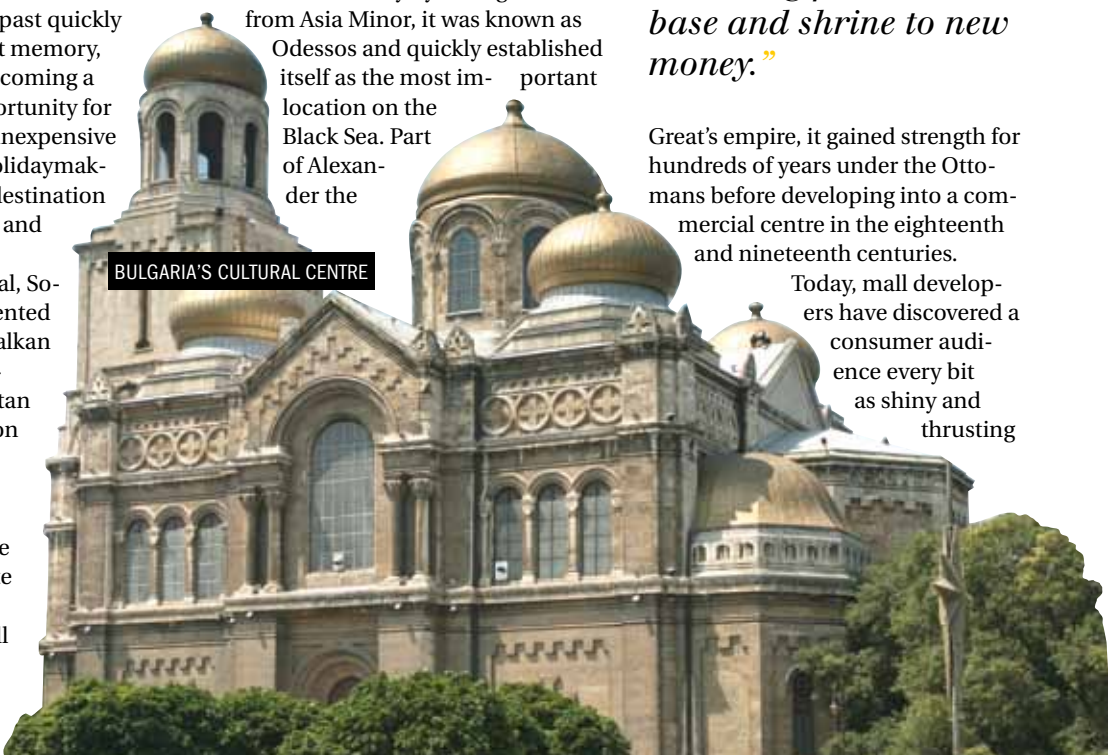
Back when it was founded in the sixth century by immigrants from Asia Minor, it was known as Odessos and quickly established itself as the most important location on the Black Sea. Part of Alexander the

"Packed with history, it is not just a seaside resort but also a bustling port, naval base and shrine to new money."

Great's empire, it gained strength for hundreds of years under the Ottomans before developing into a commercial centre in the eighteenth and nineteenth centuries.

Today, mall developers have discovered a consumer audience every bit as shiny and thrusting

BULGARIA'S CULTURAL CENTRE





as their glass and steel creations. Inside these, luxury brands jostle with local retail chains and coffee shops, while Italian supercars queue up outside the entrances to allow their well-heeled owners to descend onto marble pavements.

Such places contrast with Varna's ancient city centre, which is home to one of Europe's biggest Roman bath complexes, as well as Bulgaria's finest archaeological museum. Around here, there is a pavement culture every bit as chic as can be found in Paris, Barcelona or Milan.

As a cultural centre, Varna plays host to one of the largest and richest

fine art galleries in the country, while those who enjoy sea life are sure to enjoy the city's aquarium and dolphinarium, which are world class. There is also an enormous park for a breath of fresh air in cooler months.

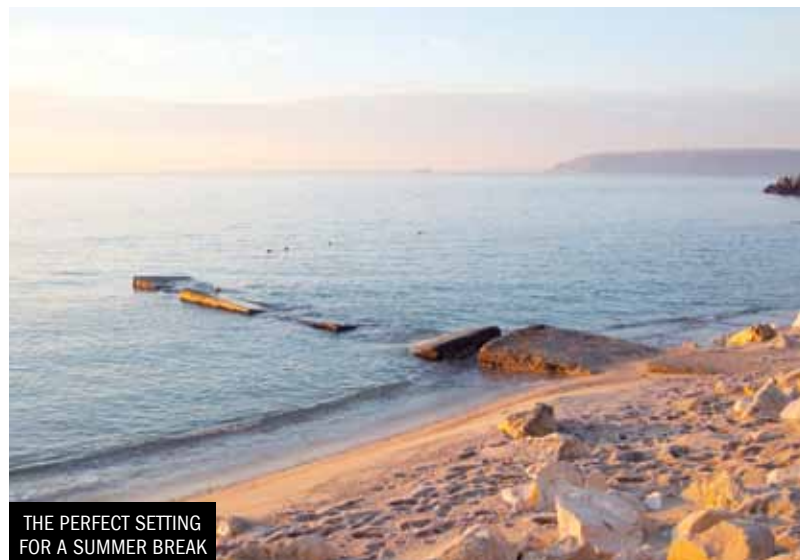
While the city itself has a wide range of accommodation on all levels, many visitors venture out to stay in the nearby resorts of Sveti Konstantin and Zlatni Pyasâtsi, just

a short drive up the coast, as is the charming town of Balchik.

Varna Airport is not far from the city centre, and with regular flights from Dubai to Sofia, the seaside city is only a short hop away and could form part of a wider, pan-Bulgarian itinerary that takes in much more of the scenic and cultural wealth Bulgaria has to offer. So for a new summer vista, why not head to Varna? ●

Sun and sea

While Varna can be quite chilly during the winter, and even see snow, average summer temperatures in the mid-twenties and the balmy waters of the Black Sea give it an excellent climate for seaside holidaymakers during the warmer months of the year, from May to October.



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TECH NEWS

LG unveils robotic vacuum cleaner with unique ability

LG has unveiled the new HOM BOT robotic vacuum cleaner. The stylishly designed compact vacuum cleaner features a sophisticated corner detecting system with intelligent ultrasonic and infrared sensors. This technology enables the device to manoeuvre around the house with ease and retain the route information in order to avoid obstacles in its path if any.



To give the user a spotless cleaning experience the robotic vacuum cleaner has seven automated cleaning modes along with two 1.5cm angular brushes, longer than those of the previous model, which allows it to remove dust even from tight corners. The turbo mode increases the suction capacity and allows automatic settings to clean according to specific floor requirements, whereas the spiral mode is perfect to clean spots that need extra attention.

In addition to the extremely low noise level of just 60dBA, the 89mm high robotic vacuum cleaner is equipped with sensitive dual eye 2.0 camera sensors. The two cameras not only help the vacuum cleaner to navigate through the house intelligently, but also enable it to take multiple images of the floor and other areas so that it can scan and rework on areas that require more cleaning.

One of the exceptional features of the robotic vacuum cleaner is its automated scheduled cleaning mechanism. Now available at Al Yousuf Electronics, the robotic vacuum cleaner kicks into action without any manual input precisely at the time set by the user.

The robots have arrived

How biomechatronics has brought hope to rescue crews and spinal victims with the latest generation of exoskeletons.

With four super-powerful mechanical appendages filing out from a structure fused to his spine, mad scientist Dr Otto Octavius cut an imposing figure in the second movie in the *Spider-Man* franchise. But this example of how an exoskeleton can increase physical strength and reach is now much more than a comic book fantasy.

Especially now that Italian engineers have devised a new creation called the Body Extender, into which humans can also be strapped and which can magnify our strength by an amazing 1,000 per cent.

Devised to protect, carry and assist its wearer, the machine, created at the Perceptual Robotics Laboratory

(Percro) in western Italy, the Body Extender can be used for everything from manufacturing involving heavy components through to rescue missions in the aftermath of large-scale disasters.

The term “exoskeleton” refers to the outer shells that provide animals—and especially insects like lobsters, crabs, grasshoppers, and cockroaches—protection against their predators. These shells also act as a skeleton to provide structure and rigidity for these creatures, just as is the case with the Body Extender.

Described by Percro as the “most complex wearable robot” ever created, this machine is able to mimic a human’s movements in remarkable



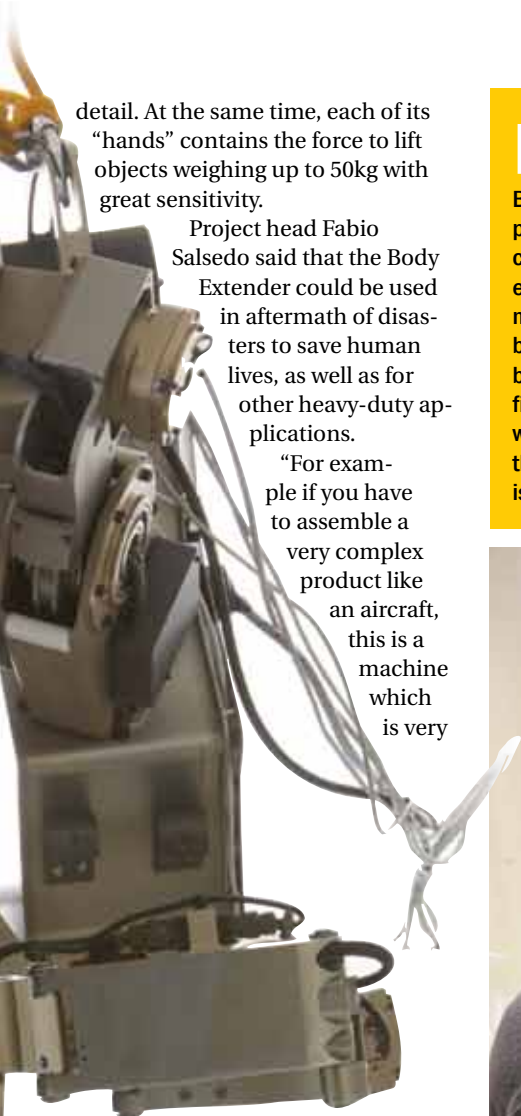
FICTION OR FUTURE REALITY?

SCI-FI STRENGTH

detail. At the same time, each of its "hands" contains the force to lift objects weighing up to 50kg with great sensitivity.

Project head Fabio Salsedo said that the Body Extender could be used in aftermath of disasters to save human lives, as well as for other heavy-duty applications.

"For example if you have to assemble a very complex product like an aircraft, this is a machine which is very



flexible," said Salsedo. "You can lift the panel, rotate it and position it in the right position.

"Another application is the rescue of victims in case of an earthquake. You need something very flexible in order to intervene rapidly without damaging the victim."

Elsewhere, another comparable device, the ReWalk, has just sought approval by the United States Food and Drug Administration to help victims of spinal injuries to walk again.

Developed as a supposedly better alternative to a wheelchair, the ReWalk exoskeleton has an external frame that binds and adjusts to a patient's legs, while motors provide movement to its hip and knee joints, a built-in computer co-ordinates

Bio beings

Biomechatronics is a design process that includes a combination of mechanics and electronics and integrating mechanical parts with a human being to engineer robots as the basis of exoskeletons. In science fiction, the results of their work would be known as "cyborgs", but the real-life results of this science is known as 'cyber-ware'.

“Body Extender could be used in aftermath of disasters to save human lives, as well as for other heavy-duty applications.”

movement input to make it able to "walk" fluidly.

It is early days yet for both devices, but their developers are confident they will soon be tweaked to provide real-world applications and, particu-

larly in the case of the ReWalk, be given medical approval.

With this latest generation of exoskeletons, it looks like soon we might not need superheroes like Spider-Man to get us out of a bind. ●



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NEWS ON WHEELS

Top Gear UK tests Mercedes SUV at Yas Waterworld

Richard Hammond, co-host of the world's leading motoring show Top Gear UK, recently test-drove the all-new Mercedes-Benz G63 AMG 6x6 at Yas Waterworld Abu Dhabi.

Top Gear chose Yas Waterworld as the venue to host an exceptional underwater adventure and put the Mercedes-Benz SUV through its paces in the Yadi Yas Wave River, an over one metre-deep ride with steep curves and an exciting course.



Yas Waterworld's showcase on Top Gear, which recently aired on BBC UK, showcased its range of adventure and adrenalin-pumping activities and reinforced the mega-park's diverse capabilities reminding thrill seekers of its world-first and unique offering.

In addition to Yadi Yas, the park offers 45 rides, slides and attractions. Visitors experience fun and adventure on rides and attractions that have never been seen before in water parks, such as Dawwama, the world's longest, fastest tornado waterslide; Liwa Loop, the region's first looping waterslide, and Bandit Bomber, the world's first interactive water and laser rollercoaster.

Yas Waterworld Abu Dhabi is the UAE's first mega waterpark, set across 15 hectares at Yas Island. Its award-winning theme – based on an original story developed exclusively for the waterpark – pays tribute to Emirati culture with the UAE's pearl-diving heritage at the core.

Euro thrash

Recently revived in the Middle East, the Opel brand brings affordable performance and an attractive alternative to the region.

When did you last see an Opel-badged car on the streets of Dubai? Quite. And yet

the brand has been a strong player in Europe for over a century, having produced its first car in 1899. Today, Opel is part of the vast General Motors organisation and has a global presence, operating 11 vehicle, powertrain, and component plants and four development and test centres in seven countries, employing around 37,000 people. The brand sells vehicles in over 50 markets worldwide.

This is Opel's mid-sized sedan, the

“The brand has been a strong player in Europe for over a century, having produced its first car in 1899.”



ROLLING OUT TO A BIGGER MIDDLE EAST MARKET?

Insignia, here given a performance work-over by the boffins at the Opel Performance Centre, and carrying the OPC badge. Built in Russelsheim in Germany on GM's Epsilon 1 plat-

form, the Insignia OPC is in fact the most powerful production saloon Opel has ever produced, thanks to its turbocharged 2.8l V6 engine. Following the attention by OPC engineers, this generates a very substantial 325hp and 435Nm of torque, enough to demolish the 0-100kh sprint in 6.3 seconds, making this a seriously quick car.

Drive goes through a region-standard six speed automatic gearbox, and there are paddles behind the wheel should you prefer to shift ratios yourself. Left to its own devices, the gearbox is effective and unobtrusive, though it is tuned to deliver significant engine braking on downshifts—no rev-matching blips of the throttle here. This is either satisfying for a traditional enthusiast driver, or annoyingly jerky to someone more used to modern transmission tuning.

On the move, the drive is defined by that turbo engine. There is an ever-present bass rumble to be heard, though you can add a distinct high-pitched turbo whistle to this at high revs. High revs is where the real




SPECS

(as tested)

 Engine: 2.8-litre V6 turbo
 Transmission: Six-speed auto
 Power: 325bhp, 435Nm torque
 0-100kph: 6.3sec
 Price: Dh175,000

for a while, most of the time normal mode is preferable, as the car rides better and the engine provides ample torque for bumbling around in traffic.

Still, it's nice to know the wild child nature of OPC is only a button press away. Better to relax, sit back and enjoy the frankly luxuri-

“High revs is where the real power lives, so you need to work the engine hard.”

ous ride and European ambience of what is a surprisingly capable and accomplished car. ●

power lives, so you need to work the engine hard in search of ultimate performance. The drive experience can be switched from normal to 'sport' mode, which makes the suspension stiffer, or to 'OPC' mode. This alters everything, holding onto gears for longer, upshifting more quickly, sharpening throttle response and firming up the suspension.

While OPC is fun



RARE SIGHT ON DUBAI ROADS

حكومة دبي
GOVERNMENT OF DUBAI

هيئة الطرق والمواصلات
ROADS & TRANSPORT AUTHORITY

RTA

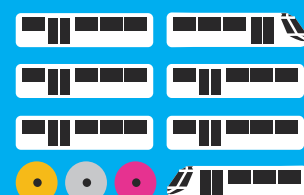
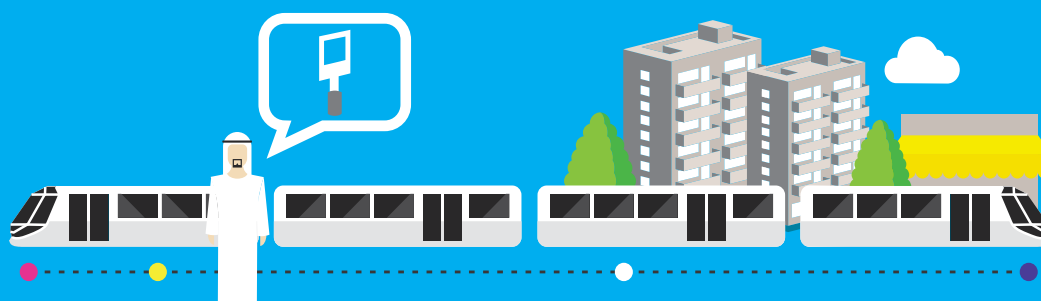
DID YOU KNOW THAT

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Spring clean your life

Celebrate the start of a new season with an emotional and physical makeover.

Almost everyone has heard of spring cleaning. It's a time when many people decide to clear out the clutter in their homes, get rid of old clothes in their wardrobes and make extra space. Maybe you have only thought about spring cleaning in terms of domestic chores before now, but what about making over your body and mind? Follow our guide on how to benefit from a spring clean of yourself.

Your relationships

Relationships are a key area to work on first. Think about the people in your life, do they bring you joy and happiness or do they channel stress and drag you down? If there are people in your life who you feel are holding you back, it might be time to reflect on the situation and let them go. Think about the purpose that people serve in your life. If their negative energy is affecting your social life, behaviour or moods, then don't be afraid to change the relationship. Perhaps they are one of your oldest friends and you simply have outgrown each other or you no longer share the same thoughts and ideals that once connected you. You don't have to cut them off completely but you may need to change how exactly they fit into your life.



Your mind

It is only natural for your thoughts and beliefs to change over time with life experiences. It's time to clear your mind of any old negative thoughts, notions or influences and refill it with positive opinions. For example, in your '20s your core value may simply be to travel and experience adventure, while in your '30s your priority might be to gain security and stability. Think about what is important for your life at the present moment and act on it. If you were once a party animal but now you see yourself as grounded, banish old labels that don't fit your description. Don't let past events or memories reflect your current self. Identify proactive ways to move towards your ultimate goal, whether it's taking a step further in your career or embarking on a new course that will expand your qualifications.



CLEAR YOUR MIND AS WELL AS YOUR HOME



Your routine

Now is the perfect time to get rid of any bad habits that you may possess. You would be surprised at how much these negative qualities can affect your daily life and can distract you from your purpose. Spending too much time watching television or being glued to social media can prevent you from concentrating on the things that are important. It's time to refocus and set your priorities straight. You can start by changing up your routine. If you constantly do the same thing day to day, you risk becoming bored and depressed. Increase your zest for life by making small, subtle changes to your daily routine. Rather than eating breakfast alone for example, why not join a friend for breakfast before you go to the office? If you want to make bigger changes, why not sign up for that language class you have always wanted to take, or start a new hobby? Change challenges you to become more self-aware and you will feel better in yourself instantly.



CLEAR THE CLUTTER

Your home

Your home should be a place of sanctuary and comfort for you. Ask yourself whether your surroundings inspire you or depress you, and get rid of any items that bring you down or hold painful memories. Replace these with flowers, candles or other items that bring you happiness. Do a deep cleanse of your house, washing the curtains, walls, and clearing out the cupboards. Open the windows in your home and get some fresh air while the temperature is cool enough. Pull back your curtains or blinds and allow the light to stream in. Research has shown that light can affect your brain chemistry and sunshine brightens your spirit. Wash your windows so that you allow the light to get through. If you have too much clutter in your house, relieve yourself of the items you don't use. Your home should be an oasis of tranquillity, which is hard to achieve if you are constantly tripping over piles of clothes and books etc, so donate unwanted items or sell them to make some extra cash.

Your body

It is common for people to gain weight during the winter months. Spring is when people tend to spend more time outside. Start by creating a new programme for diet and exercise. Consistency is key to achieving the results you want. Make it easy for yourself to follow through with your exercise regime by carrying your gym clothes to work so that you can work out immediately after you clock off. You will be less inclined to avoid the gym if you don't have time to relax and reflect on it too much. Shake up your diet by keeping your food choices simple. Don't buy sugary treats and snacks and avoid buying processed foods. If it's not in the cupboard, you won't eat it. Try doing a healthy detox to support your body by eliminating toxins and allow your body the chance to rest and rejuvenate.



SPRING INTO SHAPE

Tell us your thoughts: letters@readme.ae

Understanding etiquette

As the world of business continues to move forward at a rapid rate, so do the rules of business etiquette.



you want to come across as a true professional, always return phone calls promptly. It's good business etiquette, and besides, it will help you stand out since not everyone does it.

POLISH YOUR ONLINE PERSONAL BRAND

Whether you are currently employed or seeking a job, having a polished online presence is a valuable part of today's business etiquette. Your personal brand can affect how people who don't know you think of you. You can actually lose a whole lot of respect by how you handle yourself online. Your profile must be a perfectly designed facade, one that represents your image and likeness to the world. It must be professional or you risk losing chances; chances you will never even know you lost. When using social networks including Facebook, Twitter and LinkedIn, avoid posting outrageous status updates and make sure that you use privacy settings wisely. On the other hand, professional networks—such as LinkedIn—can help you build your professional brand and increase your visibility, so make sure that your profile is complete, searchable and appropriate.

DRESS FOR SUCCESS

Whether it's right or wrong, most people form their impressions based on your appearance. This is an obvious fact of life. Therefore, business dress etiquette is part of building your professional presence and should be taken seriously. Whether you are interviewing for a new position or just going into the office for another day of work, you should always respect the dress code that has been assigned by the office. If you're unsure of what to wear, opt for a classic professional look and maintain a clean, well-groomed image. Whenever you're in doubt when it comes to dress code, over-dress rather than take the casual route. ● By Akhtaboot—the career network (www.akhtaboot.com).

ETIQUETTE

The way employees conduct themselves in the office and with clients should mirror the company and its brand. In an era of smartphones, social media and the always-open lines of communication, business etiquette can be tricky, and making the right moves and saying the right things can make a big difference in your career success.

That's why it is important that you navigate the minefield of business etiquette at every touch point with both colleagues and clients. Akhtaboot highlights some common sticky etiquette issues and tips to help you tackle them.

RETHINK 'PRAISING IN PUBLIC AND CRITICISING IN PRIVATE'

'Praise in public, criticise in private' sounds like great advice. But this can be risky advice to follow because it significantly weakens accountability and undermines your team's ability to manage itself. As a leader you need to learn to break free from the 'one leader in the room' mentality. Team members should learn how to hold each other accountable when working together. Doing so will save time and get better team decisions. Making this shift can be challenging at first, but leadership isn't about

“There are far too many people out there that don't take the time to call back due to being busy or even due to pure laziness.”

being comfortable; it's about being effective, even when you're uncomfortable.

RETURN CALLS

There are far too many people out there that don't take the time to call back due to being busy or even due to pure laziness. No matter what the situation might be, the message sent to the person on the other line is that you don't have time to talk to them or their call isn't important to you. If



CALL OUT OF COURTESY

Metro Classifieds

JOBS AVAILABLE

Leading company in Business Bay urgently requires an experienced candidate in 3D studio max V-Ray, after effects and PhotoShop. Gender/nationality/visa not specific. Should be fluent in English. Part/full-time position. Salary depends on experience. Fax CV to 0400000000/call 0400000000.

Media direct sales executive wanted urgently for door to door sales in Dubai. Must have print media experience of at least 2 years. Must have own car. Indian preferred. Salary Dh 5-7k. Email CV to dxbhunt@gmail.com.

Bus driver required for a full-time job at a company in Dubai. Should have minimum 1 yr experience. Fax CV to 0400000000.

Insurance sales executives required for a company in Dubai. Salary + attractive commissions + employment visa will be provided. Send CV to 123@gmail.com.

Secretary cum accountant urgently required for a reputed software marketing company. Females only. Should be experienced with good communication skills. English/Hindi/Arabic fluency is a must. Email CV to 123@gmail.com.

JOBS WANTED

Indian male, BCom graduate seeks job as a storekeeper. 9 yrs experience in similar and other fields. Email dxbhunt@gmail.com./Call 0500000000.

Keralite male, 32, currently working as office administrator seeks part-time job. 5 yrs UAE experience as project administrator. Holds UAE D/L. Proficient in preparing letters, memos, etc. Call 0500000000.

Professional driver seeks full-time job. 12 yrs Gulf experience. Call 0550000000.

Pakistani male, web designer, seeks full-time job. Key skills are PHP, HTML, CMS, JQuery. Email 123@gmail.com./Call 0560000000.

Indian male seeks full-time job as an elderly caretaker. Experienced. Fluent in Arabic, English, Hindi. Call 0500000000.

Pakistani male, MCS, seeks full-time job. 8 yrs Gulf experience in IT sales & marketing. Call 0520000000/email 123@gmail.com.

AUTOS

Mercedes S320, 1997 model for sale. Driven for 170,000km. In excellent condition. No flaws at all. Very reliable, Call 0500000000.

Toyota Camry, 2006 model for sale. XLI, fully automatic, driven for 150,000km, excellent condition. Call 0500000000.

Automatic transmission. Power locks, windows, mirrors. Premium rims/wheels. Premium Bluetooth sound/DVD system. No history of mechanical failure. Price for sale. Call 0500000000.

Dell laptop latitude D430 available for sale. Intel core, 2 duo 1.33ghz processor, 2GB Ram with Windows 7. Still in good condition. Dh600. Email 123@gmail.com.

Magrudy Oxford very first dictionary, compiled by Claire Kirtley, illustrated by Georgie Birkett, paperback, available for sale. Dh45. Call 0550000000.

Offices/flats available near Al Ras metro station. Call 0500000000.

Furnished share available for rent near Al Ras metro station. Call 0500000000.

SERVICES

Tutoring lessons available in the B Dubai area. Courses include math & science covering various curriculum (CBSE, ICSE, IGCSE, O LEVEL, EC and others). Call 0520000000.

Home and mortgage loan service available. For Keralities. We offer attractive interest rates. Call 0550000000.

Home tutoring lesson available in graphic design, animation, 3D visualization and much more. Call 0550000000.

Tutoring lessons available. Offered in math, science, IT, business finance and English for all grade colleges/universities students. Call 0520000000.

Daycare/babysitting services Location near LuLu supermarket Karama. Call 0550000000.

CV building courses available. Course material consists of video and PDF files. Serious people to make a difference in their lives. Call 0550000000. 1 free module.

Home tutoring lessons available. Located near Karachi Darbar Deira. Qualified and experienced. With convenient timings at affordable price. For students in kindergarten. Call 0400000000, 0560000000.

Babysitting services available in Hor Al Anz, Deira. For Keralities. Good with children. Call 0550000000.

Home-repair services available. Located in Karama. Call 0550000000.

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1. Compose your Classified ad on your mobile (using up to 160 characters). E.g.: Car for sale. 2009 model, excellent condition. For Dh75,000. Call 0501234567. If you exceed 160 characters you will be charged double. The space between 2 words or numbers will be considered as a character.
2. Send your Classified as an SMS to 5049 (applicable to both Etisalat and du prepaid and postpaid mobile numbers).
3. You will receive a confirmation message for your reference.
4. The cutoff day is 12 noon every Wednesday. Read. is published every Sunday.
5. For any assistance please call 04 390 2904 (Sunday-Thursday: 9am-6pm).
6. Advertiser responsible for content provided.
7. Terms and conditions apply.

*Jobs wanted category Classifieds will be placed for 4 weeks at the same price Dh25 (3 insertions free).

*Text will be edited if necessary.

Read.

THE WEEKLY

EXCLUSIVELY ON THE DUBAI METRO

Playtime

It's time to ditch the dresses and get playful in spring's hottest trend: the playsuit.

TRENDS

Jumpsuits and playsuits can easily take you from day to night and from the beach to the dance floor. Just like the little black dress, the playsuit and/or jumpsuit is a statement essential for any wardrobe. Although they are on trend for spring/summer 2014, they are sure to take you through any season.

As the temperature rises and the concert scene is starting in Dubai, it's the perfect time to wear a playsuit. With a variety of styles, prints and colours, from embellished playsuits, comfortable jersey styles and must-have all-in-ones, there is a style for every occasion and shape.

Star style

A playsuit is a quick and easy option, but it also works for a more formal occasion. Oscar winner Lupita Nyong'o's gold creation is perfect for a red carpet outing. The actress teamed it with pointed courts and an embellished clutch.

We love Naomie Harris' stunning, navy jumpsuit. The elegant lace detailing and tailored fit are a classic choice. The gorgeous actress lets the ensemble do the talking and keeps her hairstyle simple with no accessories except earrings.

The jumpsuit has turned into an alluring alternative to a glamorous full-length gown, as Elizabeth Banks recently opted for a chic, strapless version on the red carpet. The actress showed off her fun and funky side, but remained elegant with the tailored fit.

No matter what style you choose, the playsuit trend will fit right in this season. For a sophisticated approach choose classic hues and ultra-feminine shapes. Zoe Kravitz's cute monochrome look is both playful and edgy. Whether you're on the beach, going for brunch or out on the town—the playsuit is the perfect solution for an uncomplicated look.



ANTONIO BERARDI



ETRO



GIAMBATTISTA VALLI

LUPITA NYONG'O



NAOMIE HARRIS



ELIZABETH BANKS



On the runway

Spring/summer runway playsuits saw everything from cute, floral pieces at Max Mara to cute, floral pieces at Giambattista Valli. Etro displayed some eye-catching prints while Antonio Berardi showcased romantic textures.

Work it

1. We love New Look's easy to wear orange playsuit. Go casual and team it with gold flat sandals for a daytime look, or style it up with metallic pointed pumps for ultimate evening glamour.
2. If you have an evening engagement after work, this grey jumpsuit from Next will easily take you from day to night. Simply swap the flats for a pair of strappy heels, grab a cute clutch and throw on a statement oversized necklace for a touch of bling.
3. Show off your style credentials in a feminine, floral playsuit with delicate lace textures and spaghetti straps for an outdoor event. Team it with a pair of wedge sandals for a low-key, girly style or a pair of strappy white sandals for a classic yet sultry ensemble.
4. If you plan on keeping the trend simple and elegant, opt for a solid colour, either in neutral hues or a bright popping colour. Choose a bold, block colour to create a slimming effect for evening events, or pretty pastels for the day.
5. If you want to wear a playsuit or jumpsuit to work, go for one with clean, minimal lines in tailored silhouettes. Choose classic fabrics such as silk and style with minimum accessories.



MAX MARA



ZOE KRAVITZ



DEBENHAMS



LIPSY



NEXT



DOROTHY PERKINS



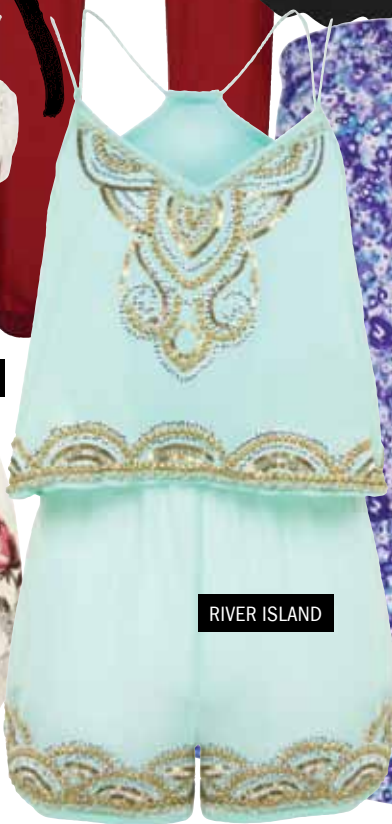
MARKS & SPENCER



NEW LOOK



MISSGUIDED



RIVER ISLAND



MATALAN

Cars, gloss and plenty of speed

Cinema spawns another car-racing craze with the *Need For Speed* video game being adapted for the big screen.

NEW RELEASE

Aaron Paul is back, this time transferring to the big screen and showing there is life after *Breaking Bad*.

Paul is one of the biggest names in entertainment now that the role of Jesse Pinkman has ended, so *Need For Speed* is probably going to be a big hit once it is released this month.

Based on the most successful car racing video game franchise ever, with over 140 million copies sold, the movie, according to Dreamworks, the studio behind it, "delivers an exciting return to the great car-culture films of the 1960s and 170s, when authenticity brought a new level of intensity to the action. *Need For Speed* taps into what makes the American myth of the open road so enticing."

The story chronicles a near-impos-

sible cross-country race against time, beginning as a mission for revenge, but proving to be one of redemption for street racer Tobey Marshall (Paul).

In a last-ditch attempt to save his struggling garage, the blue-collar mechanic and his team build and race muscle cars for the wealthy and arrogant ex-Nascar driver Dino Brewster (Dominic Cooper, *Abraham Lincoln: Vampire Hunter*).

Just as a major sale to car broker Julia Bonet (Imogen Poots, *28 Days Later*) looks like it will save the struggling business, a disastrous, unsanctioned race results in Dino framing Tobey for manslaughter.

Two years later and fresh out of prison, Tobey is set on revenge with plans to take down Dino in the

Did you know?

For the film's chase sequences, director Scott Waugh decided against the use of computer-generated imagery, instead employing practical effects, which required the cast to receive extensive driving lessons. The movie will also be post-converted into 3D for people who like to wear glasses to the cinema.

high-stakes De Leon race—regarded as the pinnacle of underground racing.

To get there in time, Tobey must run a high-octane, action-packed gauntlet, dodging cops coast-to-

coast and dealing with fallout from a dangerous bounty Dino put on his car. With his loyal crew and the surprisingly resourceful Julia as allies, Tobey defies odds at every turn and proves that even in the flashy world of exotic supercars, the underdog can still finish first.

With hot cars and a decent level of action, *Need For Speed* might well take over from where the *Fast And Furious* franchise left off, but early previews suggest that in spite of all the gloss, a serious lack of character development and a plot littered with holes get in the way.

But with *Fast and Furious*, we learnt that story lines aren't the be-all and end-all of auto action films, and the chances

are, with the weight of Dreamworks Pictures behind *Need For Speed* and an already successful and well-developed video game franchise, the new movie should satisfy petrol-heads around the world.

And *Breaking Bad* fans will now get to see another side of the erstwhile Mr Pinkman. ●

READY TO RACE

SERIOUS STUNTS

Listings

THE READ. WEEKLY GUIDE TO WHAT'S ON AT THE MOVIES.

SCHEDULE CORRECT AT TIME OF GOING TO PRESS; HOWEVER, PLEASE NOTE THAT MOVIE THEATRES CAN CHANGE SCHEDULES WITHOUT NOTICE



Grand Cineplex - Wafi

3 Days To Kill - 12:00, 16:10, 20:20, 00:30
300: Rise Of An Empire - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Bachelorette - 12:00, 16:00, 20:00, 00:00
Bewakoofiyaan - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 18:30, 19:00, 20:30, 21:00, 21:30, 23:00, 23:30, 00:00, 01:30
Cabin Fever: Patient Zero - 20:00, 22:00, 00:00
Frozen - 10:30, 12:30, 14:30, 16:30
Gladiators Of Rome - 11:20, 13:20
Hercules: The Legend - 10:00, 14:10, 18:20, 22:30
The Lego Movie - 10:15, 12:15, 14:15
Mr Peabody & Sherman - 10:00, 12:00, 14:00, 16:00, 18:00
Non-Stop - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Only God Forgives - 16:15, 18:15, 20:15, 22:15, 00:15
Patrick - 19:20, 21:30, 23:40
Reasonable Doubt - 10:00, 14:00, 18:00, 22:00
Recoil - 15:20, 17:20, 19:20, 21:20, 23:20, 01:00
Red Sky - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00, 02:00
Ride Along - 10:40, 12:50, 15:00, 17:10

Grand Megaplex - Ibn Battuta

1983 - 11:30, 14:30, 17:30, 20:30, 23:30
3 Days To Kill - 17:10, 19:25, 21:40, 23:50
300: Rise Of An Empire - 10:00, 11:10, 12:00, 13:20, 14:00, 15:30, 16:00, 17:40, 18:00, 19:50, 20:00, 22:00, 00:00, 00:10
Bachelorette - 10:00, 10:30, 12:00, 13:00, 14:00, 15:30, 16:00, 18:00, 20:00, 20:30, 22:00, 23:00, 00:10, 01:30
Bewakoofiyaan - 11:30, 14:00, 16:30, 19:00, 21:30, 00:00
Cabin Fever: Patient Zero - 10:00, 12:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Frozen - 10:20, 12:40, 15:00
Gladiators Of Rome - 11:30, 13:30, 15:30
Gulaab Gang - 14:30, 20:30
Hercules: The Legend - 17:30, 19:30, 21:30, 23:30
The Lego Movie - 10:15, 12:15, 14:15
Mr Peabody & Sherman - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Non-Stop - 10:50, 13:00, 15:10, 17:20,

19:30, 21:40, 23:50
Only God Forgives - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Paris A Tout Prix - 11:30, 14:00, 16:30, 19:00, 21:20, 23:50
Patrick - 10:40, 12:50, 15:00, 17:10, 19:20, 21:30, 23:40
Queen - 13:00, 18:30, 23:50
Reasonable Doubt - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Recoil - 11:20, 13:20, 15:20, 17:20, 19:20, 21:20, 23:20, 01:00
Red Sky - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00, 02:00
Ride Along - 16:15, 18:15, 20:15, 22:15, 00:15
Shaadi Ke Side Effects - 11:30, 17:30, 23:30
Starting Over Again - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Total Siyapaa - 10:30, 16:00, 21:20

Grand Cinemas - Festival City

3 Days To Kill - 12:00, 16:10, 20:20, 00:30
300: Rise Of An Empire - 11:10, 12:10, 13:20, 14:20, 15:30, 16:30, 17:40, 18:40, 19:50, 20:50, 22:00, 23:00, 00:10
Bachelorette - 13:30, 17:30, 21:30
Bewakoofiyaan - 10:30, 13:00, 15:30, 18:00, 20:30, 23:00, 01:30
Frozen - 10:30, 12:30, 14:30, 16:30
Gladiators Of Rome - 11:20, 13:20
Hercules: The Legend - 10:00, 14:10, 18:20, 22:30
The Lego Movie - 10:15, 12:15, 14:15
Mr Peabody & Sherman - 11:00, 13:00, 15:00, 17:00, 19:00, 21:00, 23:00, 01:00
Non-Stop - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Only God Forgives - 16:15, 18:15, 20:15, 22:15, 00:15
Patrick - 19:20, 21:30, 23:40
Reasonable Doubt - 11:30, 15:30, 19:30, 23:30
Recoil - 15:20, 17:20, 19:20, 21:20, 23:20, 01:00
Red Sky - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00, 02:00
Ride Along - 10:40, 12:50, 15:00, 17:10
Starting Over Again - 18:30, 21:00, 23:30

Grand Cinecity - Al Ghurair

1983 - 16:00, 18:40, 21:20, 00:00

300: Rise Of An Empire - 11:10, 13:20, 15:30, 17:40, 19:50, 22:00, 00:10
Bewakoofiyaan - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:30, 23:00, 00:00, 01:30
Mr Peabody & Sherman - 10:00, 12:00, 14:00
Non-Stop - 10:50, 13:00, 15:10, 17:20, 19:30, 21:40, 23:50
Queen - 13:00, 18:30, 23:50
Red Sky - 11:00, 13:10, 15:20, 17:30, 19:40, 21:50, 00:00
Starting Over Again - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Total Siyapaa - 10:30, 16:00, 21:20

Reel Cinemas - Dubai Mall

3 Days To Kill - 13:40, 18:05, 22:30
300: Rise Of An Empire - 14:40, 17:05, 19:30, 21:50, 01:15
300: Rise Of An Empire (3D) - 13:40, 15:00, 16:00, 17:20, 18:20, 19:40, 20:40, 22:00, 23:00, 00:20, 01:20
Anchorman 2 - 20:05, 22:20, 00:40
Bewakoofiyaan - 14:30, 16:55, 19:25, 21:55, 00:25
Cabin Fever: Patient Zero - 18:00, 19:55, 21:50, 23:45, 01:40
Frozen - 13:30, 15:45
The Lego Movie (3D) - 13:50, 15:55, 18:00
The Monuments Men - 13:40, 18:30, 23:20, 01:45
Non Stop - 13:55, 16:15, 18:35, 20:55, 23:15, 01:35, 01:45
Only God Forgives - 15:00, 17:10, 19:20, 21:30, 23:40, 01:50
Pompeii - 14:10, 16:20, 18:30, 20:40, 22:50, 01:00
Recoil - 13:45, 15:45, 17:45, 19:45, 21:45, 23:45
Ride Along - 16:05, 20:25, 0:50
Robocop - 16:05, 20:55

Reel Cinemas - Marina Mall

3 Days To Kill - 11:40, 15:50, 20:00, 00:10
300: Rise Of An Empire - 12:05, 13:00, 15:15, 17:30, 19:45, 22:00, 00:15
300: Rise Of An Empire (3D) - 12:20, 23:30
Bachelorette - 14:00, 18:10, 22:20
The Monuments Men - 16:25, 21:00, 23:30
Mr Peabody & Sherman - 14:20, 18:55

Mr Peabody & Sherman (3D) - 11:05, 13:05, 15:05, 17:10, 19:15
Non-Stop - 11:30, 13:40, 15:50, 18:00, 20:10, 22:20, 00:30
Only God Forgives - 12:30, 14:30, 16:30, 18:30, 20:30, 22:30, 00:30

Vox Cinemas - Deira City Centre

1983 - 09:45, 12:45, 15:45, 18:45, 21:45, 00:30
300: Rise Of An Empire (3D) - 10:00, 12:15, 14:30, 16:45, 19:00, 21:15, 23:30
Bewakoofiyaan - 10:30, 11:30, 13:00, 14:00, 15:30, 16:30, 18:00, 19:00, 20:30, 21:00, 23:00, 23:30, 00:00
Fast And Furious 6 (4D) - 00:00
Gravity (4D) - 14:45, 19:30
Highway - 14:45, 18:00, 23:15
The Lego Movie - 11:15, 13:30, 10:15, 12:30, 14:45
Mr Peabody & Sherman (3D) - 09:30, 10:15, 11:15, 11:45, 12:15, 13:30, 14:00, 14:15, 16:15, 18:15, 20:15
Non-Stop - 17:00, 19:15, 21:30, 23:45
Pompeii (3D) - 08:15, 16:15, 18:30, 22:15, 00:30
Pompeii (4D) - 17:00, 21:45
Queen - 11:15, 15:45, 21:00
Robocop (4D) - 12:15
Shaadi Ke Side Effects - 11:00, 14:00, 17:00, 20:00, 23:00
Starting Over Again - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45
Tarzan (4D) - 10:00
Total Siyapaa - 11:30, 14:30, 17:30, 20:30, 23:30

Vox Cinemas - Mall of the Emirates

12 Years A Slave - 20:00
3 Days To Kill - 15:15, 00:30
300: Rise Of An Empire - 10:30, 15:00, 19:30, 22:00, 00:00, 00:15
300: Rise Of An Empire (3D) - 11:45, 14:00, 16:15, 18:30, 20:45, 23:00
Anchorman 2 - 17:30, 22:45
Bewakoofiyaan - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30
Cabin Fever: Patient Zero - 12:00, 13:00, 13:15, 16:15, 20:15, 00:15
Frozen - 11:15, 13:45
The Lego Movie - 11:00, 13:15, 15:30

The Lego Movie (3D) - 09:45, 12:00, 14:15, 16:30, 18:45, 21:00
The Monuments Men - 15:00
Mr Peabody & Sherman - 10:00, 11:00, 12:15, 13:15, 14:30, 15:30, 17:45, 20:00
Non-Stop - 10:45, 12:45, 13:00, 15:15, 17:15, 17:30, 19:45, 21:45, 22:00, 00:15
Oggy And The Cockroaches - 10:00, 12:00, 14:00
Only God Forgives - 10:00, 14:00, 16:00, 18:00, 20:00, 22:00, 00:00
Patrick - 01:15, 14:00, 18:15, 21:00, 22:15, 23:15
Pompeii (3D) - 16:45, 19:00, 21:15, 23:30
Reasonable Doubt - 13:15, 17:45, 22:30
Red Sky - 10:15, 12:15, 14:15, 16:15, 18:15, 20:15, 22:15, 00:15
Shaadi Ke Side Effects - 12:05, 15:00
Starting Over Again - 09:30, 12:15, 15:00, 17:45, 20:30, 23:15
Total Siyapaa - 10:30, 19:45

Vox Cinemas - Mirdif City Centre

300: Rise Of An Empire (3D) - 09:45, 10:30, 11:45, 12:00, 14:00, 14:15, 16:15, 16:30, 18:30, 18:45, 20:45, 21:00, 23:00, 23:15
Bewakoofiyaan - 11:00, 13:30, 16:00, 18:30, 21:00, 23:30, 23:45
Cabin Fever: Patient Zero - 16:15, 20:15, 00:15
Force Of Execution - 17:00, 19:15, 21:30, 23:45
Frozen (3D) - 13:15
Gravity (4D) - 12:45, 17:30, 22:00
I, Frankenstein (4D) - 00:00
The Lego Movie (3D) - 10:15, 12:30, 14:45, 17:00
Mr. Peabody & Sherman - 09:45, 11:45, 14:00
Mr Peabody & Sherman (3D) - 10:45, 13:00, 15:15, 17:30, 19:45, 21:45
Non-Stop - 11:00, 13:15, 15:30, 17:45, 20:00, 22:15, 00:30
Oggy And The Cockroaches - 09:30, 11:20
Pompeii (4D) - 15:00, 19:45
Red Sky - 14:00, 16:15, 16:15, 18:15, 22:15
Robocop (4D) - 10:15
Shaadi Ke Side Effects - 22:00, 23:30
Starting Over Again - 10:00, 12:45, 15:30, 18:15, 21:00, 23:45

What's happening this week in the UAE

Design Days Dubai 2014



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Date: March 17 - 21
Time: 10am - 7pm
Venue: Downtown Dubai
Admission: Dh50
More info: 050 456 5393

Art Dubai 2014

The eighth edition of the Art fair will bring together established contemporary artworks from the Middle East, Africa and South Asia.

Date: March 19 - 22
Time: 1pm - 6:30pm
Venue: Madinat Jumeirah
Admission: Dh50
More info: 04 384 2000



Star Style Search



Get a chance to win Dh10,000 by participating in the competition for best summer outfit.

Date: March 20 - 22
Time: 10am - 10pm
Venue: Deira City Centre
Admission: Onsite registration
More info: 050 149 5904

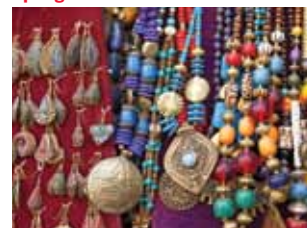
Festival of Colors

Have fun in the carnival of organic colours with the amalgamation of music, rain-dance, food and beverages.

Date: March 21
Time: 11am - 5pm
Venue: Zabeel Park
Admission: Single entry Dh30, group pass Dh100
More info: 052 867 3675



Spring Bazaar



Shop and browse for jewellery, clothes, arts and craft products made in the UAE.

Date: March 21 - 22
Time: 4pm - 10pm
Venue: Al Muneera Beach Plaza, Al Raha Beach, Abu Dhabi
Admission: Free
More info: 8005443624

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Hollywood news

MTV males

After her fierce role as Katniss in *The Hunger Games*, it seems MTV weren't as taken with Jennifer Lawrence's performance as the rest of the world.

Announcing the Best Hero nominations for the 2014 MTV Movie Awards, J. Law was missing—along with every other female hero of the year—in the all-male line-up.



Together again?



The “are they, aren't they?” debate rages on when it comes to Justin Bieber and Selena Gomez, following a secret visit together to a dance studio in Texas. Following the pics that emerged of their visit, a video also made its way online, showing the pair performing an emotionally charged routine. Could there be a duet on the cards?

Back to the basics



JUST CALL ME KESHA

After a turbulent couple of months, the bad girl of pop, Ke\$ha, appears to have decided it's time for a fresh start. Following her recent stint in rehab for an eating disorder, the singer has decided to ditch the dollar sign from her name, preferring now to go with her birth name of Kesha. This decision has also been made apparent in her online presence, after she also changed her Twitter handle from @Ke\$haSuxx to @KeshaRose.

Returning from a two-month treatment programme at a rehab facility in Illinois, Kesha was spotted arriving at LAX airport looking healthy and happy. Her attitude was also reflected in her outfit, as she wore a jumper emblazoned with the words 'I'm a Survivor'.

But the change of name, healthy appearance and statement clothing are not the only things to suggest that the singer is back to her former happy self. It would appear that the Timber singer is finally putting her woes behind her, as Kesha tweeted: “Happy to be back! Feeling healthy & working on tons of new music. I can't thank my fans enough for all the love & support u have given me,” before later adding: “Life is beautiful. I'm so blessed to have u all.”

Question time

As well as being quite busy—to say the least—as President of the United States, it is already a widely known fact that Barack Obama is a bit of a joker and remains firmly in touch with the younger generation. But, not content with singing live on American television and cracking jokes about Iron Man, Obama recently surprised everyone with an appearance on *Between Two Ferns with Zach Galifianakis*. The spoof chat show, hosted by the *Hangover* funnyman, has featured an array of celebrity guests over the course of the online *Funny or Die* series, including Justin Bieber, Bradley Cooper, Jennifer Aniston and James Franco, all bombarded with ludicrous questions. But Obama's

appearance proved he could go along with Zach's skit and take the joke as well as any A-lister, returning various offbeat comments from the host by mocking Galifianakis about his looks and career, while receiving his satirical questions in good humour.



Bollywood news

Back for more

After previously starring in his movie *Fashion*, Priyanka Chopra has been roped in by Madhur Bhandarkar for his upcoming production *Madamji*. While the formalities are still being arranged, it looks as though Bhandarkar is breaking his own rules by featuring the same actor in more than one movie.



Bagging Big B

Directorial duo Abbas-Mustan have never before managed to get megastar Amitabh Bachchan in one of their films. But, finally, they seem to have managed the impossible and signed Big B up for their next flick, to play a family man who gets dragged into a murder case.



London calling

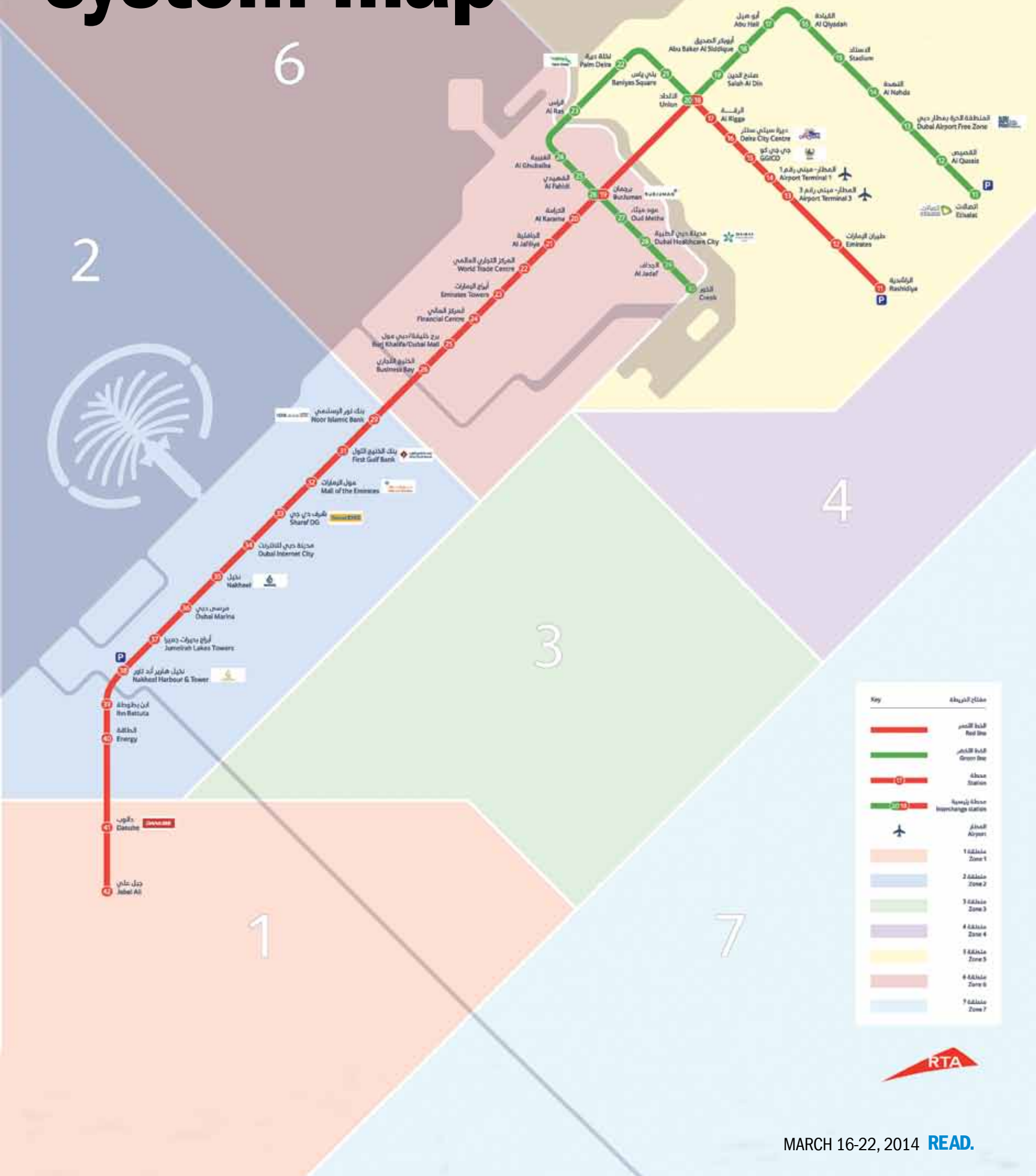
Following in the footsteps of his father Amitabh, who had the privilege of addressing students at Oxford University in 2011, Abhishek Bachchan has been invited to deliver a speech in the role of keynote speaker at the London School of Economics, as part of the Economic Forum for India 2014 conference.



Rapping Roy

As he continues to take the music world by storm, Yo Yo Honey Singh has secured yet another big win by penning a tune for Ranbir Kapoor's upcoming flick *Roy*. Director Vikram-Aditya Singh has already confirmed the song will be for Ranbir, but is keeping quiet on whether Honey Singh will make an appearance.

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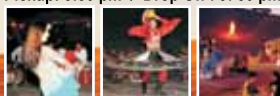
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MISCELLANEOUS



Fast approval of personal loan. Requires a minimum salary of Dh5,000. No bank statement required. Call 0552509923.

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Personal loan service available. Personal loan requires a salary of Dh4,500 plus variable income. Dh3,000 for auto loan. No salary transfer. Fast approval. For more information, call 0505587116.

Personal loan and business loan services available up to Dh7,50,000. Personal loan requires a minimum salary of Dh5,000. Business loan requires minimum 2 years in business. Call 0557903203.

Instant and easy documentation for loans. Personal loan requires a minimum salary of Dh4,000 and company accommodation. Business loan requires business documents. Call 0567460165.

Fast approval of personal loan. Requires a minimum salary of Dh5,000. No bank statement required. Call 0552509923.

Personal loan requires a minimum salary of Dh4,000 plus variable income. Dh3,000 for car loan. Fast and easy documentation for non-listed companies. Call 0526717478.

Personal loan service available. Personal loan requires a salary of Dh4,500. Dh3,000 for auto loan. No salary transfer and bank statement required. For more information, call 0558174642.

Business loan service available. SME should have a 2 year business length and a minimum turnover of Dh75,000. Call 0505520708.

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ACCOMMODATION



Bed space available on April 1, 2014 for executive Indian male. Located near Ghubaiba Station. Monthly rent Dh1200. Call 0504953128.

4 rooms available in new villa for Kabayan only. Located in Al Rashidiya near metro stations. Call 0502547664.

Bed space available for ladies. Located near Clock Tower, Dnata area. 7 minutes away from Rigga and Deira City Centre. Monthly rent Dh750 including DEWA and internet. Call 0505975471.

Bed space available for 1 executive Indian bachelor in a studio flat with separate kitchen. Located near Naif Park, 3 minutes away from Baniyas Square Metro Station. Monthly rent Dh1,400 including DEWA. Wi-Fi is also available. Call 0505186721.

Bed space available for a non-smoker and cooking executive Indian male. Located near Al Ghubaiba Bus Station. Monthly rent is Dh1,200. Call Pandya 0504953128.

Partition room available for Filipino lady. TFC and Wi-Fi are included in monthly rent. AC is centralised. Located at the backside of Spinneys in Al Karama. Call 0505656149.

Bed space available from April 1 for Filipina only. Located near Al Satwa Bus Station. Monthly rent is Dh650 including DEWA, eLife and internet connection. Call Estrella at 0529216914.

Bed space available for rent. Located near Baniyas Square. Monthly rent is Dh800 + 1 month advance. All facilities are included. Call 0561639051.

5 rooms available in a new villa for Filipino family. Located in Al Rashidiya, near metro stations. Call 0502547664.

Room available for a Keralite couple with attached bathroom. Located on Damascus Street in Al Qusais. Call 0505492012.

Bed space available from March 1 for Keralite bachelor. Monthly rent Dh850 plus DEWA. Call 0504781557.

10 new rooms available for Kabayan only (gents and ladies). Located in Al Muteena area, Deira, at the back of Happy Land Supermarket. Call 0505285795 or 0553590496.

Room available for non-cooking executive bachelor. Located in Diera, Al Muraqqabat area. Call 0562317625.

Rooms available for Kabayans only. Located near Union Cooperative Supermarket and The Philippine School in Al Rashidiya. Call 0554169708.

10 new rooms available for Filipino and Filipina only. Located near Abu Hail Metro Station in Hor Al Anz. Call 0505285795 or 0553590496.

Key marine projects reviewed

Marine transport projects and development take focus of discussion between RTA and Dubai Municipality.



AL TAYER AND LOOTAH DURING THE MEETING

MEETINGS

Mattar Al Tayer, Chairman of the Board and Executive Director of the Roads and Transport Authority (RTA), recently held a meeting with Hussain Nasir Lootah, Director General of Dubai Municipality, during which the two parties discussed the water flow in Dubai Creek after the completion of construction works in the Dubai Water Canal, Jumeirah Corniche project, and the construction and widening of marine transport stations.

The meeting was attended by Engineer Maitha Bin Udai, CEO of Traffic and Roads Agency as well as Mohammed Al Ali, Acting CEO of Public Transport Agency. Dubai Municipality was also represented by engineer Salim Musmaar, Assistant Director General for Environment and Health Control; and engineer Dawood Al Hajri, Director of Planning.

Al Tayer thanked Hussain Lootah for the cooperation and coordination with the RTA in various fields relating to the business of the two civic

bodies. Al Tayer indicated that such coordination resulted in streamlining several procedures regarding the processing of customer transactions in a smooth environment.

Lootah commended the ongoing coordination and communication between Dubai Municipality and the RTA, which, he said, has contributed in boosting the sharing of knowledge, expertise and practices between the two parties. Such interaction has become a defining business approach adopted by all authorities and departments of the Dubai Government, considering it the only viable means for delivering best-in-class services to customers, noted Lootah.

The meeting reviewed studies related to the flow and quality of the water in the Dubai Water Canal; which links the Business Bay with the Arabian Gulf, passing through the Dubai Downtown in a course stretching three kilometres. Discussions also touched on measures to be taken to ensure and improve the quality of water in the Dubai Creek as

“The two parties also discussed various cooperation and coordination aspects and addressed the requisites of making this vital project a success.”

per stipulations of the municipality applicable in the emirate.

The municipality's delegation was acquainted with the work progress in the Jumeirah Corniche extending 14km from the beach overlooking six residential communities starting from the backyard of Dubai Marine Beach Resort up to Burj Al Arab hotel. Last February, the RTA started construction works of the project, which is set to be accomplished in November this year.

The two parties also discussed various cooperation and coordination aspects and addressed the requisites of making this vital project a success,

compatible with the highest international practices, and completing it within the specified timeline.

The meeting also reviewed the deliverables of the Marine Transport Master Plan, which included the expansion of the marine transport stations in 2014 to serve highly populous tourist and urban destinations, in order to ease the movement of residents and tourists and keep pace with the huge growth in the ridership of marine transit means comprising abras, water bus, water taxi and Dubai ferry; which combined have lifted around 13.223 million passengers last year.

The marine transport plan also envisages the expansion of Al Mamzar and the Jumeirah Open Beach to accommodate the Dubai Ferry and the Water Taxi, and the construction of a new marine transport station at Al Jaddaf with a view to boosting the integration of multi-modal mass transit systems at Al Jaddaf, which houses a metro station, marine transport station, and public bus station.

RTA to host public transport meeting

UITP MENA Congress and Exhibition 2014 expected to attract more than 4,000 delegates and visitors.

EXHIBITIONS



The Roads and Transport Authority (RTA) is one of the most active members of the International Association of Public Transport (UITP), headquartered in Brussels, Belgium, with 3,200 members from 92 countries. The UITP office for the MENA region is based at the RTA headquarters in Dubai. The RTA has now proudly supported the UITP's vision and initiatives internationally and regionally within the MENA region for 19 years.

Mohammed Obaid Al Mulla, Board Member of the RTA, said: "In 2007 Dubai started preparations for hosting UITP's World Congress and Exhibition. In 2009, Dubai competed



MOHAMMED OBAID AL MULLA

against Australia and Singapore and won the privilege of hosting the World Congress in Dubai, which was the first time in the 125-year history of UITP to host the World Congress outside Europe and especially in the Arab world and the MENA region"

He continued: "In April 2011, Dubai inaugurated the UITP's 59th World

Congress and Exhibition under the patronage of His Highness Sheikh Mohammed Bin Rashid Al Maktoum, UAE Vice President and Prime Minister, and Ruler of Dubai. The event welcomed over 2,000 delegates and 9,000 visitors from over 80 countries. The event was a landmark in the history of UITP and public transport history, which surpassed all records in terms of service quality, attendance, and business opportunities. This highlights Dubai's commitment to deliver what is promised."

"The hosting of the World Congress in 2011 led to two major milestones for Dubai. Firstly, UITP signed a strategic 10-year partnership agreement with the RTA to host biennial UITP MENA Congresses and Exhibitions in Dubai until 2024. This reinforces the trust of the international community on Dubai for its efforts and commitments to promote the public transport vision in the region," he added.

"Secondly, Dubai was given the privilege of having the MENA Center for Transport Excellence, which is based in the RTA headquarters and was officially inaugurated in December 2011 by His Highness Sheikh Mohammed Bin Rashid Al Maktoum, UAE Vice President and Ruler of Dubai. This commitment from our visionary leader is a clear indication of our determination to build regional capabilities in the public transport arena through research and development, trainings, and exchange programmes," continued Al Mulla.

The fourth UITP MENA Congress and Exhibition 2014 will be hosted in Dubai between April 27 to 30 at Dubai World Trade Centre. The event is one of the largest public transport gatherings where industry leaders, policy makers, legislators, developers, consultants, operators, and manufacturers will meet to discuss future public transport solutions.



IT'S TIME FOR THE DUBAI TRAM EXPERIENCE

IT'S COMING YOUR WAY SOON.

WHERE: Mall of the Emirates Metro Station

**WHEN: March 16 - 20, 2014
12:00 noon - 7:00 pm**

If you've been curious about Dubai TRAM, this is your chance to find out more.

Visit the DUBAI TRAM stand.

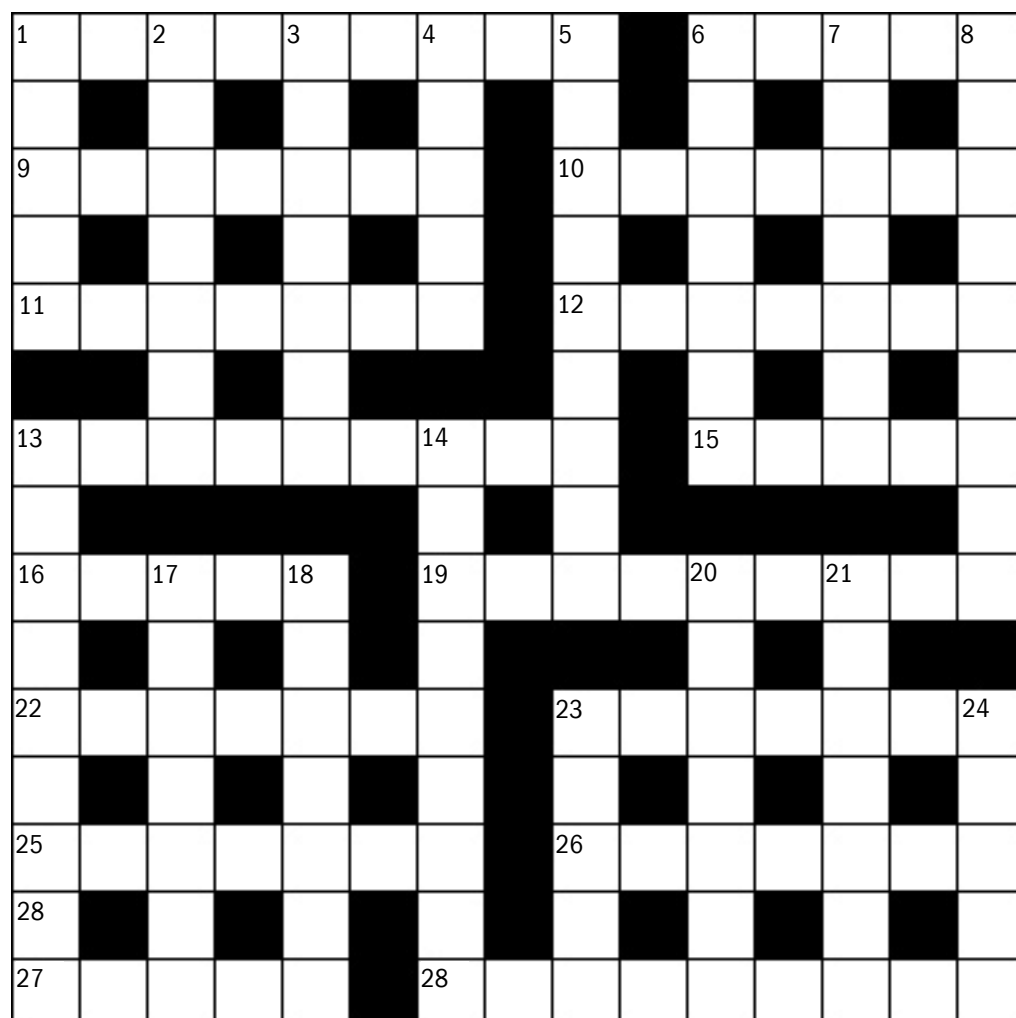
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Taking your time

Ponder over our puzzles, relish a new recipe and catch up with our cartoons.



Crossword

Across

1 Another location (9) **6** An attribute of a people or era (5) **9** Less complicated (7) **10** Covered in irregular little bumps (7) **11** A bedtime song (7) **12** Scorn (7) **13** Showing extreme urgency (9) **15** Broadcasting and/or print (5) **16** Glass containers for flowers (5) **19** Motherhood (9) **22** Characterised by maltreatment (7) **23** A thin cotton fabric (7) **25** Entry (7) **26** Lack of sophistication (7) **27** Destitute (5) **28** Child (9)

Down

1 A plant used to make rope (5) **2** Mutterers (7) **3** Loot (7) **4** An impressive display (5) **5** Time-saving (9) **6** Embrace (archaic) (7) **7** A rope for a sail (7) **8** Not physically active (9) **13** Variance (9) **14** Without purpose or direction (9) **17** Cuddle (7) **18** With a sneer (7) **20** Decaying (7) **21** Examine in detail (7) **23** A family of African languages (5) **24** Chieftain (5)

ANSWERS



Recipe

Beef kofta wraps

Serves
2

Tasty, quick and easy, these kofta wraps make the ideal healthy fast food.

Ingredients

For the koftas

200g beef mince
2 cloves finely chopped garlic
Salt and ground black pepper
1 tbsp olive oil
Wooden skewers

For the guacamole

1 ripe avocado, pitted, peeled and sliced
½ lemon, juice only
¼ finely chopped onion
2 tbsp Greek-style yoghurt
1½ tbsp chopped coriander leaves
Salt and ground black pepper

To serve

2 flour tortillas
3 tbsp Greek-style yoghurt

Pinch of paprika
Fresh parsley, to garnish

Method

1. To make the koftas, mix the beef mince, chopped garlic, salt and black pepper together in a bowl then, with clean hands, press a small amount around each one of the wooden skewers to form a sausage shape on the skewer.
2. Repeat another three times, until you have four skewers each with a sausage-shaped kofta attached.
3. Rub the koftas with olive oil, and then cook in a hot griddle pan for around five minutes, turning regularly to ensure they are cooked through

and browned all over.

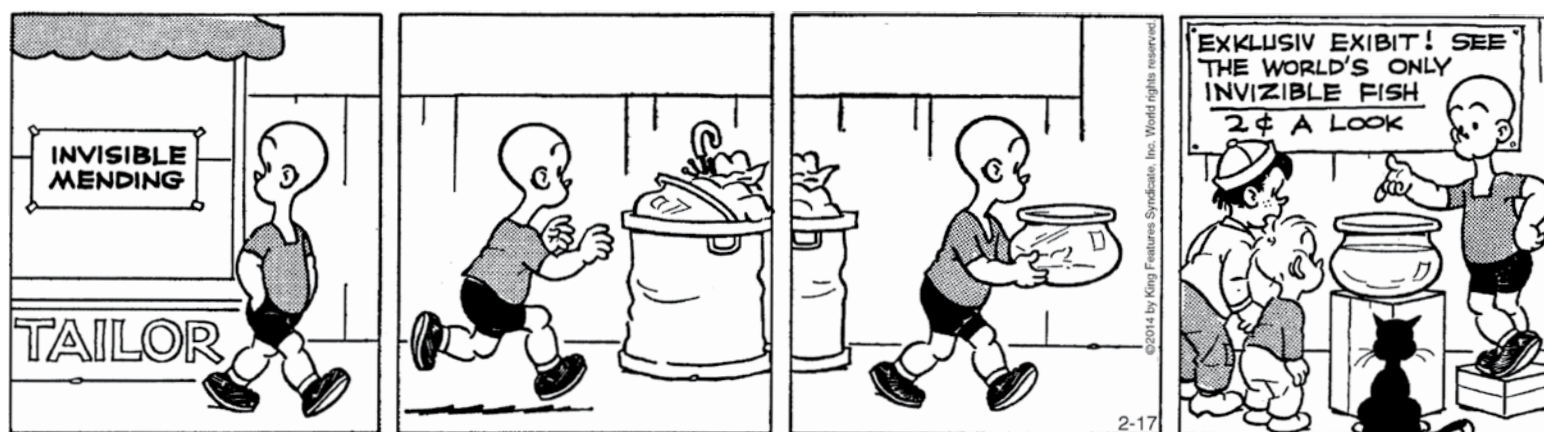
4. To make the guacamole, place all of the guacamole ingredients into a food processor and blend until they form a rough paste.

5. To serve, spread the tortillas with a layer of the guacamole, fill each wrap with one of the hot beef koftas (removed from the wooden skewer) and add a spoonful of yoghurt.

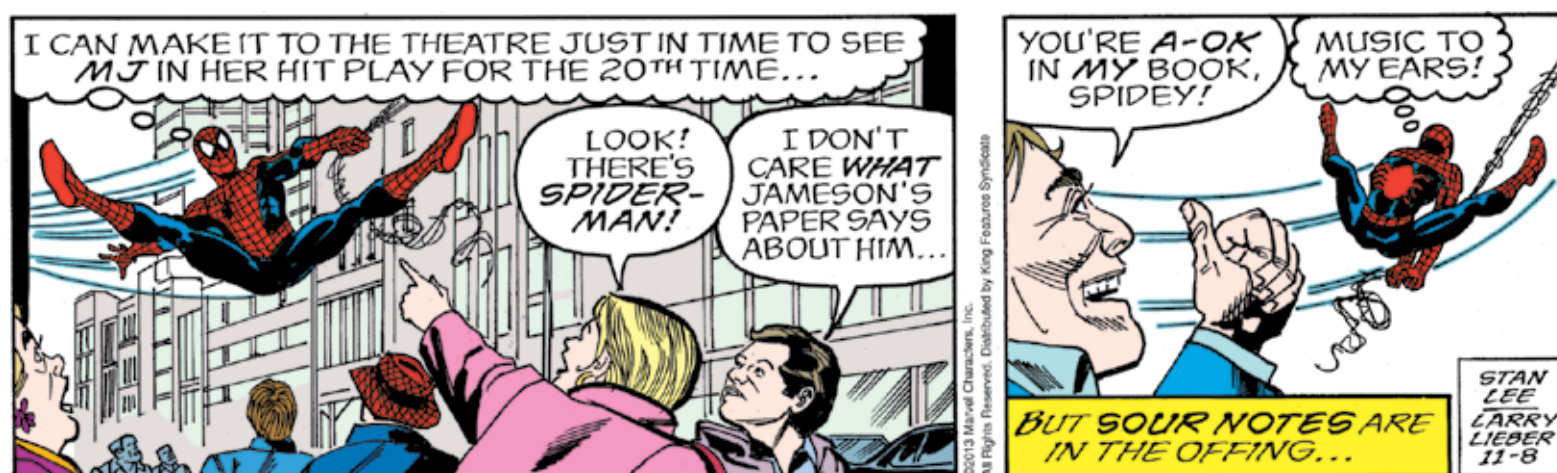
6. Sprinkle a little paprika to taste, and then roll the tortilla up, cut in half on a diagonal angle and garnish with fresh parsley or a side of salad.



Henry



Spiderman



Dennis the menace



"I KNOW EVERY BIT OF LINCOLN'S GETTYSBURG ADDRESS."

"OH, YEAH? SO, WHAT'S THE ZIP CODE?"

Who's this?

ANSWER ON PAGE 34



US state	Charged atomic particle	Rub hard	That woman	Interval of calm		Dig up a buried thing		Cook in hot fat		Cause to explode		Richard ..., film star	
								Medieval official					
Scottish exclamation				Anticipate		Under-hand				Middle part		Infectious agent	
						"... She Lovely", song		Caution	Shift, budge				
Imaginary	Single spotted card		Mad Cow Disease (1,1,1)		American "Ltd"				King of the West Saxons				Harmful pesticide (1,1,1)
Swedish pop group					Principle								
Result in		Transgressor							Nail with a large head				
					... corde, three strings				Try out				



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ANSWERS



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WHO'S THIS? ANSWER
JARED LETO

Read.

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What's in your stars?

The Read. astrologer tells you what you can expect over the next seven days.

ARIES

(MAR 21 - APR 20)

You may not realise it, Aries, but sometimes your reserved approach to meeting new people can make you come across as a little snooty. Next time, try loosening up and introduce yourself with a funny story or an interesting fact about yourself.



TAURUS

(APR 21 - MAY 21)

Being angry with someone for moving on will only leave you feeling more frustrated. As much as it may hurt to know that people's lives have changed, letting go of the past is the only way that you can properly go on to enjoy a happy future.



GEMINI

(MAY 22 - JUN 21)

Don't take someone's comments too personally, Gemini. This particularly applies to someone who you already know has a habit of exaggerating the truth. While it may be hard for you to bite your tongue, it's just not the right time for a confrontation.



CANCER

(JUN 22 - JUL 23)

Your recent show of honesty may have spread its roots much deeper than you imagined. While it may have been difficult for you to come clean and own up to the fact you were struggling, your example has led certain others to face the truth.



LEO

(JUL 24 - AUG 23)

It's very easy for you to flutter around like a social butterfly, making meaningless conversation with everyone. However, this can often leave people feeling as little put out. Why not try focusing on a handful of interactions instead? Remember quality, not quantity.



VIRGO

(AUG 24 - SEP 23)

Your priorities seem to be changing when it comes to your career. While money has always been your biggest motivator, it may seem as though you're reaching a point where other factors, such as family time or your mental wellbeing, are just as important.



LIBRA

(SEP 24 - OCT 23)

You may have lost an item that had great sentimental value. While this is undeniably heartbreaking, it's better to let anyone else who had an emotional link to the item know sooner rather than later. Hiding your mistake won't turn out to be the wisest option.



SCORPIO

(OCT 24 - NOV 22)

After slogging away for what seems like years, a big project is about to reach a conclusion. Why not try booking a weekend getaway once it's over? It doesn't have to be flashy, but some peace and quiet is what you need after all the fuss and worry.



SAGITTARIUS

(NOV 23 - DEC 21)

You may have been put out by the rude response you received from a colleague. While their attitude has always been a little off the mark, there is no need to put up with plain bad manners. Maybe it's time to make your boss aware of this person's attitude?



CAPRICORN

(DEC 22 - JAN 20)

Don't panic if you receive an invitation to an event where you don't know anyone. Simply wear your best smile and you may be surprised at how quickly you start getting along with new faces. You may even have an unexpected happy reunion with an old friend.



AQUARIUS

(JAN 21 - FEB 19)

The truth is, it's impossible to be happy 100 per cent of the time. However, when something gets you down, dwelling in your own self-pity is not exactly going to lift you back out of a dark place. Try to brush it off and keep moving forward.



PISCES

(FEB 20 - MAR 20)

The timing couldn't be worse, but it looks as though a bout of sickness is heading your way. Whether it hits you or a family member, be sure that you take care of all commitments that you can no longer uphold. Resting at home is the only way to shake this off fully.



This week's local weather

SUN

16th

WARM
HIGH 29C
LOW 24C
HUMIDITY 41%

MON

17th

WARM
HIGH 28C
LOW 24C
HUMIDITY 39%

TUE

18th

WARM
HIGH 29C
LOW 23C
HUMIDITY 37%

WED

19th

WARM
HIGH 27C
LOW 21C
HUMIDITY 33%

THU

20th

WARM
HIGH 26C
LOW 20C
HUMIDITY 34%

FRI

21st

WARM
HIGH 26C
LOW 21C
HUMIDITY 37%

SAT

22nd

WARM
HIGH 27C
LOW 22C
HUMIDITY 39%

BIG TASTY

BIG ON TASTE

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FIFA WORLD CUP
Brasil

official restaurant

